Good News For Homemakers

[Continued from page 5]

floors to avoid slipping. Greasy and sticky spills should be washed thoroughly. Grease won't accumulate and become a fire hazard if range and oven are regularly cleaned.

Don't stack dishes and glasses every which way in the sink. Breakage can result. Should glass be broken anywhere in the house, clean up immediately and completely. Protect hands while doing so. A wet bar of soap can be used to lift minute slivers of glass and then pitch that part of the soap away or get rid of that portion of the soap that picked up the glass.

Comply with manufacturer's recommendations for use and care of small kitchen appliances and grooming aids. Avoid clutter, especially at entryways and staircases. Have a rule at your house that no one is allowed to stack books or any item on the stairs.

Use cleaning products, such as chemicals and paint, in accordance with manufacturer's instructions. After use, clean up and put away unused portions and equipment, such as pails, mops and sponges. Properly discard such items as aerosol cans and cloths or paper towels that are used for flammable or poisonous products. Do not leave these items around where children or pets can have access to them.

GOOD BASIC STORAGE TECHNIQUES ARE A MUST. When the seasons change, most homes undergo some special cleaning. All of us now are beginning to move inside from our outside family-fun activities we enjoyed during the summer. We are now thinking about cupboards, drawers and closets that need to be cleaned and other fall cleaning I'm sure is on our list. Be alert to ways of improving storage for greater safety.

Keep knives, scissors, needles, pins and other sharp object in holders or separate compartments, rather than mix with other items in drawers. A good household hint is to take little jars such as baby food jars or other jars that jam or jelly may have come in to keep such items in. You'll be surprised how neatly you can keep a drawer.

After washing or cleaning, store infrequently used or out-of-season items that are reasonably lightweight on high shelves. Heavy, cumbersome items should be stored low where they can be retrieved with less risk or back strain or loss of balance.

Keep cleaning products in original containers, tightly covered and stored away from food and medication. Leave labels on items. Discard unused portions of prescriptions and other outdated medications. These should be discarded by flushing down the toilet. Do not put old unused and outdated medications in the garbage. A child or pet may get to them. Medications that are being used by the family should always be kept in the original container and clearly labeled. Because many medicine containers are similar in size and shape, initial cap tops with colored nail polish as an added aide to identification. This is especially good if there are elderly in the home who have trouble identifying their medicine.

When storing and cleaning for the fall, consider special interest storage needs, such as hunting or fishing equipment or workshop supplies. Plan, organize and be safe.

It is much easier if we are organized in our homes. We can also save us some time, prevent accidents and avoid unnecessary clutter.

This is Part I of a two-part article on home safety. Part II will continue next week.

If you have a homemaking question or problem, you may call 352-8244 or write P. O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Company Pot Roast

1/3 cup flour
1/2 teaspoon salt
1/2 teaspoon pepper
1-1/2 cups cocktail vegetable juice
3-1/2 to 4 pounds beef chuck arm pot roast, trimmed
2 potatoes, peeled and quartered
2 onions, peeled and quartered
2 stalks celery, sliced
1 bay leaf

Preheat oven to 352 degrees F. Shake flour, salt and pepper in 14" x 20" oven cooking bag; place in 13 x 9 x 2-inch baking pan. Add vegetable juice; mix to dissolve flour. Place roast, vegetables and bay leaf in bag; turn gently to mix. Close bag with nylon tie; make 6 half-inch slits in top. Cook 2 to 2-1/2 hours or until tender.

Makes 6 to 8 servings.

Martha Moon relocates

Martha W. Moon, daughter of Roy and Gladys Moon of Appomattox, has recently moved to Somerville, Mass.; where she is working as a Family Nurse Practitioner for the Harvard Community Health Plan, a health maintenance organization (HMO) in Boston.

Martha graduated from Appomattox County High School in 1970. She graduated from the College of William and Mary in 1974 with a B.S. in Biology. She graduated in 1979 with a B.S. in Nursing from Virginia Commonwealth University/Medical College of Virginia.

She most recently was employed by St. Mary's Hospital in Richmond, while she was completing her graduate work in Community Health Nursing at VCU/MCV.

She graduated in May, 1984 with an M.S. in Nursing.

Museum ready for festival

The Appomattox County Historical Museum, located in Court House Square, will be open during the Historic Appomattox Railroad Festival Saturday, Oct. 13 from 1 to 5 p.m., and Sunday, Oct. 14 from 2 to 5 p.m.

The public is cordially invited to visit the museum.

POPES
Family Centers
Triangle Plaza Shopping Ctn.-Appomattox
Hours: 9-8 Mon.-Sat.; 1-6 Sun.
Prices Effective Oct. 11 - 17, 1984

Ladies' Terry Trimmed TENNIS SHOES Reg. $7.99 $5.88
CALICO PRINTS Reg. $2.79 $2.00
EVER-READY BATTERIES 4 Pack - C&D Reg. $1.89 $1.00
STP Oil Treatment Reg. $1.89 $1.47
Kordite TRASH BAGS Tall Kitchen & Grass Bags Reg. $1.29 89¢
Gas Treatment Reg. $1.19 99¢
BROWN WASTE BASKET Reg. $1.99 $1.00
Single Oil Filters Reg. $2.89 $2.59

Wilbun's SUPERMARKET
TENDER AGED BEEF — USDA CHOICE
•720 CONFEDERATE BOULEVARD APPOMATTOX, VA.
SHOP WILBUN'S FOR...
•QUALITY •VARIETY •COURTESY •AND.... "Personal Service" ALL THE WAY TO YOUR CAR!!
QUANTITY RIGHTS RESERVED. •NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.
PRICES GOOD: OCTOBER 8-13, 1984.

USDA CHOICE Tender Aged SIRLOIN STEAK PER LB. $1.99
USDA CHOICE Tender Aged STEW BEEF PER LB. $1.69
USDA CHOICE Tender Aged SIRLOIN TIPS WHOLE • 10-14 LBS. AVG LB. $1.49 CUT Free!
RICHFOOD SMOKED HAM WHOLE • 15-19 LBS. AVG. LB. 99¢
VALLEYDALE TEEN FRANKS 1-LB. PKG. $1.39

ALL OUR BEEF IS U.S.D.A. CHOICE Tender Aged!
•FRESH STANDARD OYSTERS .... PINT CONT. $3.89
•JIMMY DEAN Pork SAUSAGE HOT or MILD .... 1-LB. PKG. $1.39

2ND BIG WEEK! RICHFOOD... BRAND FALL Sale! Richfood
CANNED VEGETABLES... 3/$1.00
•16-OZ. CUT or FRENCH STYLE GREEN BEANS
•16-OZ. WHOLE or CREAMSTYLE GOLDEN CORN
•16-OZ. 3 SIEVE SWEET PEAS

COMPLETE Pancake MIX REG. or B'MILK 2-LB. PKG. 79¢
PANCAKE SYRUP 24-OZ. BOT. 79¢
TOMATO SOUP 10½-10¾-OZ. CAN 4/$1.00
SALTINE CRACKERS 1-LB. BOX 59¢

Pork & BEANS .... 3 1-LB. CANS $1.00
MAC. & CHEESE DINNER ... 5 7¼-OZ. PKGS. $1.00
APPLE JUICE .... 64-OZ. GLASS 89¢
APPLE SAUCE .... 50-OZ. GLASS 89¢
COFFEE FILTERS .... 200 CT. PKG. 99¢
SMOOTH MAYONNAISE .. 32-OZ. JAR $1.19
VIT. D MILK .... GAL. JUG $1.89
ASST. 2 PLY Facial TISSUE .... 2 175 CT. PKGS. $1.00
TRANS. or INVISIBLE TAPE ..... 2 1/2" ROLLS $1.00
Broccoli SPEARS .... 2 10-OZ. PKGS. $1.00
French FRIES ..... 2-LB. PKG. 79¢
FROZEN WAFFLES ... 5 5-OZ. PKGS. $1.00

REGULAR SPAGHETTI 1-LB. BOX 39¢
THIN SPAGHETTI 1-LB. BOX 39¢
ELBOW MACARONI 1-LB. BOX 39¢
SAVE ON... VERMICELLI 1-LB. BOX 39¢

SMOOTH or KRUNCHY Peanut BUTTER .... 18-OZ. JAR 99¢
GRAPE JELLY ..... 2-LB JAR 99¢
5 VARS. OLD FASHION COOKIES .... 18-OZ. PKG. 89¢
VEGETABLE OIL ...... 24-OZ. BOT. 99¢
LIQUID BLEACH .... GAL. JUG 59¢
1 PLY Paper TOWELS .... 2 JUMBO ROLLS $1.00
2 CT. REG. Pie SHELLS ..... 10-OZ. PKG. 59¢
NON-DAIRY Whipped TOPPING .... 8-OZ. CONT. 49¢
16 SLICES AMERICAN CHEESE .... 12-OZ. PKG. 99¢
SWEET or B'MILK BISCUITS ... 4-PK. 8-OZ. CANS 69¢
FROZEN Orange JUICE ..... 12-OZ. CAN 89¢
100 CT. PKG. TEA BAGS .... EA. $1.49

QUARTERS MARGARINE 1-LB. PKG. 39¢
REG., ADC, ELEC. PERK COFFEE 1-LB. BAG $1.99
COFFEE CREAMER 22-OZ. JAR $1.19
COTTAGE CHEESE 24-OZ. $1.49

FALL Baking BONANZA SWEEPSTAKES
$100,000 in FREE GROCERIES
Crisco 3-LB. $2.49
Puritan 32-OZ. $1.99
Frosting 16½-OZ. $1.29
Cake Mix 18-OZ. 89¢
Brownie Mix 23-OZ. $1.59
Folgers 1-LB. $2.49
Official Entry Blank
SWEEPSTAKES $100,000 IN FREE GROCERIES HERE'S WHAT YOU COULD WIN:
GRAND PRIZE $30,000
3 FIRST PRIZES $6,000
10 SECOND PRIZES $500
500 THIRD PRIZES $100
OFFICIAL ENTRY BLANK
FALL BAKING BONANZA SWEEPSTAKES OFFICIAL RULES NO PURCHASE NECESSARY
See Coupons in today's Newspaper Insert for Additional Savings on Baking Bonanza Brands

HAVE A Free SPAGHETTI Dinner ON US...
1 RAGU Spag. SAUCE (32 OZ)
1 RICHFOOD SPAGHETTI (16 OZ)
1 LB. GROUND BEEF
...WHEN YOU BUY A Spaghetti COOKER only...$12.99

MT. DEW, DR. PEPPER DIET PEPSI or PEPSI ALSO SUNKIST (PLUS DEPOSIT) 8-16 OZ. BOT. $1.29
RAGU SPAGHETTI SAUCE TRADITIONAL, HOMESTYLE, GARDENSTYLE 32-OZ. JAR $1.39
SEALTEST LIGHT 'N LIVELY ICE MILK ALL FLAVS. ½ GAL. $1.89
(1-LB. BAG) CARROTS, (6-OZ. PKG.) RADISHES, (BUNCH) Green ONIONS, (EACH) CUCUMBERS 4 FOR $1.00
Fresh! CRISP CELERY JUMBO STK. 49¢

Pardon the mess! WE'RE REMODELING AT WILBUN'S AND WE HOPE WE HAVEN'T CAUSED YOU ANY INCONVENIENCE!

Grocery Buy!
FRANCO-AMERICAN SPAGHETTI-O'S .. 15-OZ. CAN 39¢
CHEF BOYARDEE MINI RAVIOLI ..... 15-OZ. CAN 69¢
CHEF BOYARDEE CHEESE MINI-BITES ... 15-OZ. CAN 69¢
CHEF BOYARDEE REG. CHEESE RAVIOLI ..... 15-OZ. CAN 69¢
CHEF BOYARDEE REG. RAVIOLI ... 15-OZ. CAN 69¢
BUTTERMILK BAKING MIX BISQUICK .... 40-OZ. PKG. $1.29
KELLOGG'S Corn FLAKES ..... 18-OZ. PKG. $1.09
DISH LIQUID PALMOLIVE ... 22-OZ. BOT. 89¢
LAUNDRY DETERGENT Fresh START ... 34½-OZ. SIZE $2.79
NORTHERN Bath TISSUE .... 4 ROLL PKG. $1.19
CLEANSER AJAX ..... 3 14-OZ. CANS $1.00

Frozen & Dairy!
N.Y. FROZEN Garlic BREAD ...... 16-OZ. LOAF 99¢
ALL FLAVS. SEALTEST SHERBET .... QT. SIZE $1.19

Fresh Produce!
MT. GROWN TOMATOES ... LB. 59¢
ALL PURPOSE POTATOES ... 10-LB. BAG $1.29

Local School Menus

Primary

MENU

Wed., Oct. 10-Spaghetti, tossed salad, mixed fruit, roll/butter, milk.
Thurs., Oct. 11-Hamburger on bun, potato tots, buttered carrots, milk, and jello
Fri., Oct. 12-Fish aquares, mixed greens, creamed potatoes, corn bread/butter, milk.
[Va. School Lunch Week]
Mon., Oct. 15-Hot dog on bun, baked beans, cabbage and carrot slaw, milk and brownie.
Tues., Oct. 16- Sloppy Joes, french fries, mixed fruit, milk, cookie.
Wed., Oct. 17-Pizza, tossed salad, mixed fruit, roll/butter, milk.

Middle

SCHOOL MENU

Oct. 15 - Hot dogs, baked beans, potato chips, cake milk.
Oct. 16 - Sausage pattie, mixed greens, potato rounds, roll, milk.
[NATIONAL SCHOOL LUNCH]
Oct. 17 - Marathon Spaghetti, Honor Rolls, Tossed Salad, Fruit Cookie, Milk.
Oct. 18 - Fish, macaroni and cheese, mixed vegetables, roll, milk.
[VIRGINIA MENU]
Oct. 19 - Hamburger on bun, cole slaw, french fries, fruit, milk.
Oct. 22 - Steak-um, potato rounds, peas and carrots, fruit and milk.
Oct. 23 - Corn dog, slaw, pork & beans, applesauce, milk.
Oct. 24 - Pizza, tossed salad, jello, cookie, milk.
Oct. 25 - Beans & franks, slaw, applesauce, roll, milk.
Oct. 26 - Fish, macaroni and cheese, mixed greens, roll, milk.
Oct. 29 - Hot dogs, french fries, beans, brownie, milk.
Oct. 30 - Meat loaf, green beans, creamed potatoes, roll, milk.

Elementary

Oct. 10 - Sliced turkey w/gravy, hot rolls, green beans, whipped potatoes, pear halves, milk.
Oct. 11 - Ravioli casserole, hot rolls, mixed vegetables, a bananna, milk.
Oct. 12 - Cannonball chicken breast, round house rolls, conductors green beans, hobo's taters, chew chew fruit, tank car milk.
Oct. 15 - Foot long hot dogs, corn on the cob, creamy potatoes, green peas, strawberry short cake, milk.
Oct. 16 - Schoolmade pizza, baby carrots, tossed salad, fruit cup, milk.
Oct. 17 - Steak patties, hot rolls, corn, lima beans, sliced peaches, milk.
Oct. 18 - Pizza burgers w/pickle chips, scandinavian mixed vegetables, diced pears, milk.
Oct. 19 - Sliced ham, hot rolls w/honey, green beans, boiled potatoes, applesauce, milk.
Oct. 22 - Chicken breast filet, hot rolls, onion rings, baby lima beans, pear halves, milk.
Oct. 23 - Hot dog on bun, coleslaw, pinto beans, applesauce, milk.
Oct. 24 - Meat loaf, hot rolls, turnip greens, creamy potatoes, chocolate pudding, milk.
Oct. 25 - Spaghetti w/meat & cheese sauce, tomato and lettuce salad, hot rolls, bananna pudding, milk.
Oct. 26 - Crispy oven fish, green peas, hash brown potatoes, hot rolls, fruit cup, milk.
Oct. 29 - Schoolmade beef & cheese pizza, tossed salad w/dressing, diced peaches, milk.
Oct. 30 - Port barbecue on bun, broccoli, birthday cake, pear halves, milk.
Oct. 31 - Goblin-in-a-shroud-Autumn leaves, ghost beans, moon nectar, wiches brew.
Nov. 1 - Oven fried chicken, hot rolls, green beans, whipped potatoes, fruit cup, milk.
Nov. 2 - Cheeseburgers, potato tarts, mixed greens, fruit cup, milk.

AARP to meet on Oct. 16

The American Association of Retired Persons will hold their regular monthly meeting Tuesday, Oct. 16 at noon in the Pamplin United Methodist Church Friendship Hall.

A pot-luck lunch will be followed by a brief business meeting. Mrs. Lin Volturo of Appomattox will then sing gospel music for the group.

Lin Volturo is from Anaheim, Calif., and she studied singing for four years, traveling from Anaheim to Culver City twice weekly to get her training.

She performed at many churches and social functions while living in California.

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